**Sii wad qaadashada daawadaada Tiibishada**

**Keep taking your TB medicine**

**Xusuusnoow booqashadaada dhakhtarka soo socoto ama xigta.**

**Remember your next doctor visit.**

Dhakhtarka ayaa qori doona bisha, taariikhda, iyo wakhtiga booqashadaada dhakhtarka ee ku xigta. Dhakhtarku sidoo kale wuxu goobo galin doonaa maalinta todobaadka ee booqashadaada dhakhtarka ee ku xigta waxana uu calaamadeyn doona in booqashadaadu tahay subixii, duhurka ka dib, ama habeenkii.

The doctor will write the month, date, and time of your next doctor visit. The doctor will also circle the day of the week of your next doctor visit and mark if your visit is in the morning, afternoon, or night.

Waxaad kuheli doontaa daawooyin baddan booqashadaada.

**You will get more medicine at your next visit.**

Haddii aad qaadatid daawadaada Tiibishada, waxaad kahortagi kartaa cudurka Tiibishada qoyskaagana waxaad kadhigaysaa kuwo caafimaad qabba!

**By taking your TB medicine, you can prevent TB disease and keep your family healthy!**

**Qaado daawadaada Tiibishada markasta**

**Take your TB medicine every time**

**Kadhig qayb kamid ah maalintaada**

**Make it part of your day**

* Dhig daawadaada hal meel, sida dhinaca sariirtaada ama dusha saxanka waaskada.

Keep your medicine in one place, like next to your bed or above the sink.

* Qaado daawadaada isku mar, sida marka aad cadeynaysid ilkahaaga.

Take your medicine at the same time, like when you brush your teeth.

* Isticmaal caaga daawada si aad ugu dhigtid kuwo nidaamsan (weydiiso caawimaad marka hore).

Use a pillbox to keep organized (ask for help the first time).

* Qor warqad xusuusin, kadibna kudheji dusha albaabka talaajada ama muraayada musqusha.

Write yourself a note, and put it on the refrigerator door or bathroom mirror.

* Isticmaal kalendarka bilaha si aad uga ogaatid maalmaha aad qaadatay daawadaada.

Use a calendar to check off the days you have taken your medicine.

**Raadi taageero**

**Get support**

* Weydii xubin qoyska katirsan ama saaxiib si uu kuugu caawiyo xusuusinta.

Ask a family member or friend to help you remember.

**Maxaad sameynaysaa si aad usoo xasuusatid?**

**What do you do to remember?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This material was developed by the Massachusetts Department of Public Health. Language: Somali. December 2014.
For more information, visit www.mass.gov/dph/cdc/tb